

BI-MONTHLY NEWSLETTER

MAY & JUNE 2026



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The drive to promote organic farming has begun to bear fruits - quite literally. Across our communities, NaRMaC members are harvesting healthy, chemical-free vegetables that reflects not only the richness of the land but also the resilience of the people who nurture it.



How are NaRMaC members cultivating change?

These are not just farmers. They are individuals who refused to give up despite challenges. They choose hope over hardship, believed in the promise of a better tomorrow, and turning their determination into thriving organic gardens. Today, their perseverance is yielding more than healthy vegetables-it is strengthening household incomes, promoting financial independence, and inspiring others to embrace sustainable livelihoods in Lamka District. .



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The hands that
nurture the soil
today are shaping
a healthier
tomorrow for
generations to
come





MAIZE



BANANA

ORGANIC FARMS by NaRMaC (**Natural Resource Management Club**) in Lamka District, Manipur



YAM



BITTER GOURD

“Behind every basket of fresh vegetables and every healthy meal is the dedication of a local farmer whose hard work begins long before the harvest”.

SUPPORT LOCAL FARMERS.



PUMPKIN

MEET OUR ENTREPRENEURS



SKILLFUL HANDS,
INNOVATIVE MINDS

**YOUR SKILLS ARE TOO
VALUABLE TO BE
COMPROMISED**



Their journey is a powerful reminder that courage begins where comfort ends. By breaking societal norms and stepping beyond the boundaries of what was expected of them, they created sustainable livelihood opportunities for themselves and their families.



Meet our entrepreneurs who refused to remain idle and wait for opportunities to come their way. Instead of depending solely on their spouses or families, they chose to believe in themselves, transforming their skills, passion, and determination into meaningful enterprises worth taking a chance on.

THE BOLD STEP INTO ENTREPRENEURSHIP



What many believed was impossible, she embraced as a challenge. Instead of waiting for opportunities to come her way, she chose to create one - driven by determination, creativity, and the courage to dream beyond conventional boundaries.



This young Entrepreneur has broken new ground by introducing **“SWEET STEREO”**, one of the first locally manufactured lipstick brand in the district.

In a market often dominated by established national and international brands, she dared to believe that locally made products could stand with quality and confidence.



Even when conflict disrupted her journey and limited access to learning opportunities, she refused to let her dreams fade. Instead, she adapted by continuing her learning virtually, dedicating herself to constant research, self-study, and seeking guidance from experienced professionals.

She transformed obstacles into opportunities - proving that resilience and a commitment to lifelong learning can overcome even the toughest challenges.



Curiosity came alive as children stepped into the role of young scientists for a day. They explored how to make simple toy fans and lamps using batteries and learned about the conductivity of different types of electrical wires.



SCIENTISTS FOR A DAY

To encourage teamwork and creativity, the children were divided into groups, with each group selecting a project to put their newly acquired knowledge into practice.



A Simple Act of Kindness That Touched Many Hearts



One of the most heartwarming moments unfolded when a group of children voluntarily helped an elderly grandmother living alone in the relief camp. With limited mobility, she struggled to keep her living space clean and organized. The children stepped forward to arrange her room, clean her surroundings, and offer companionship.



This simple yet meaningful act of kindness deeply moved many of the other occupants in the relief camp. It was a powerful reflection of the values the children had learned through our sessions on empathy, leadership, and teamwork. Beyond the classroom, they transformed these lessons into compassionate action, proving that true leadership begins with serving others and that even the smallest gestures can leave the greatest impact.



SUPPORT TEAM VISIT



A supportive field visit was conducted to gain a deeper understanding of the ground realities, assess the progress achieved through the intervention, and identify areas where additional support may be required. The visit provided an opportunity to observe firsthand the changes brought about by the project and engage directly with beneficiaries and the implementation team.

During the team presentation, discussions, and field visits, the support team offered valuable insights, constructive feedback, and practical recommendations to strengthen project implementation. Their observations and guidance will help refine future strategies, enhance the quality of interventions, and ensure that the project continues to respond effectively to the needs of the community.





WORLD ENVIRONMENT DAY

World Environment Day was observed in various schools and villages with active participation from LBC Members (LIFE BOAT CLUB). Through awareness activities, tree plantation, cleanliness drive, children demonstrated their commitment to protecting and preserving the environment for a greener future





GRADUATION DAY

- Today wasn't just about receiving certificates. It was about hands that learned a skill, minds that discovered new possibilities, and dreams that found directions.
- Today you wear not just a graduation cap, but the reward of your perseverance. May your knowledge become wisdom, your dreams become reality, and your courage leads you to places beyond your imagination.



Here's to every stitch sewn, every lesson learned, every challenge overcome, and every future waiting to be built. The journey started with courage. Today marks the beginning of something even greater.

HAPPY GRADUATION!



STAFF CAPACITY BUILDING TRAINING



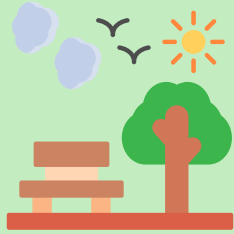

**CORE
COMPONENTS
STRENGTHENED**

- Revisiting organizational structure and collaboratively identifying key challenges and potential solutions
- The concept of **3 HORIZONS**
- The relationship between the brain and the heart in shaping **ATTITUDE**
- To cultivate positive work environment
- Understanding legal compliances and Development goals



➤ **SWOT
Analysis**

STAFF RECREATION DAY



The best part about working together as a team is the acceptance of one another - embracing each person for who they are, respecting our differences, and celebrating every success, big or small. That is the heart of true teamwork.

Today, we celebrate not only our achievements, but also the meaningful impact we've created together. It was a day to strengthen **CAMARADEREI**, **UNWIND**, and enjoy each other's company - setting deadlines aside and making room for laughter, connection, and lasting memories.





In a world filled with distractions, false influences, peer pressure, stress, and hidden trauma, many young hearts silently struggle to find their way. Without the right guidance, the weight of these challenges can dim their hope and confidence.

MEET OUR EXPERT

ROBERT LHOUVUM
COUNSELLOR, EMMANUEL HOSPITAL
ASSOCIATION



BUILDING EMOTIONAL
STRENGTH AND WELL-BEING
FOR YOUNG MINDS



This is where compassionate experts become a beacon of light - equipping young people with healthy ways to navigate life's storms, nurture emotional resilience, and restore the balance between mind and body.

CHILDREN

EXPOSURE

DAY

“From ASHES TO SMILES”

Children living in relief camps were given a day of hope, joy, and laughter

Today, we have rediscovered the joy of life beyond classrooms and closed doors. We have found the freedom to laugh, to explore, to build friendships, and simply to be ourselves. These moments of togetherness remind us that healing is found not only in learning, but also in shared experiences, hope, and human connection.



Construction of a Children's Learning Centre



LIFE BOAT CLUB



Camp leader, program Manager and Community Champion after the completion



At the relief camp, children faced significant challenges due to the lack of a dedicated and safe space for learning, recreational activities, and psychosocial support sessions. The absence of such a space limit opportunities for structured engagement, personal development, and social interaction.

To address this need, a Children's Learning Centre was constructed, providing a safe, child-friendly environment where children can participate in educational activities, life skills sessions, creative learning, and recreational programs. The centre has become a place where children can learn, play, interact, and gradually regain a sense of normalcy, hope, and belonging despite the challenges of displacement.



TRAINEE
to
TRAINER

Chinnei Haokip, a trainee of the 5th Batch of the Tailoring Training Programme in 2018, is a remarkable example of how skills development, perseverance, and determination can transform lives. Upon completing the training, Chinnei aspired to establish her own tailoring business. However, limited financial resources meant that purchasing a tailoring machine was beyond her immediate reach. Undeterred, she diligently saved every possible rupee while taking up additional income-generating opportunities. After several years of persistence and disciplined saving, she achieved a significant milestone in 2023 by purchasing her first tailoring machine. Driven by a vision to empower others, Chinnei established her own tailoring training centre in Saikul in 2024. She began with just one trainee and one tailoring machine. Through her dedication and growing reputation, the centre gradually expanded. As of May 2026, the training centre has grown to **seven trainees** and **seven tailoring machines**, with each trainee contributing a monthly training fee of ₹2,500.



NOTHING
to
SOMETHING

Rev. Thongkhonlun Touthang, a trainee of the 11th Batch of the Basic Computer Training Programme (2026), has successfully applied his newly acquired digital skills to enhance his pastoral ministry and improve communication within his church. During the three-month training programme, Rev. Touthang gained practical knowledge in essential computer applications, including Microsoft PowerPoint, Adobe Photoshop, and spreadsheet management. The training equipped him with valuable digital competencies that have strengthened both his administrative work and sermon preparation. Following the completion of the course, Rev. Touthang began incorporating PowerPoint presentations and visual aids into his sermons. This innovative approach has made biblical teachings more engaging, interactive, and easier for the congregation to understand. The use of visual presentations has not only enhanced the delivery of his messages but has also enriched the worship experience for church members.



**THANK YOU FOR READING AND FOR BEING
PART OF OUR JOURNEY**

See you in our next edition

GET IN TOUCH!



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